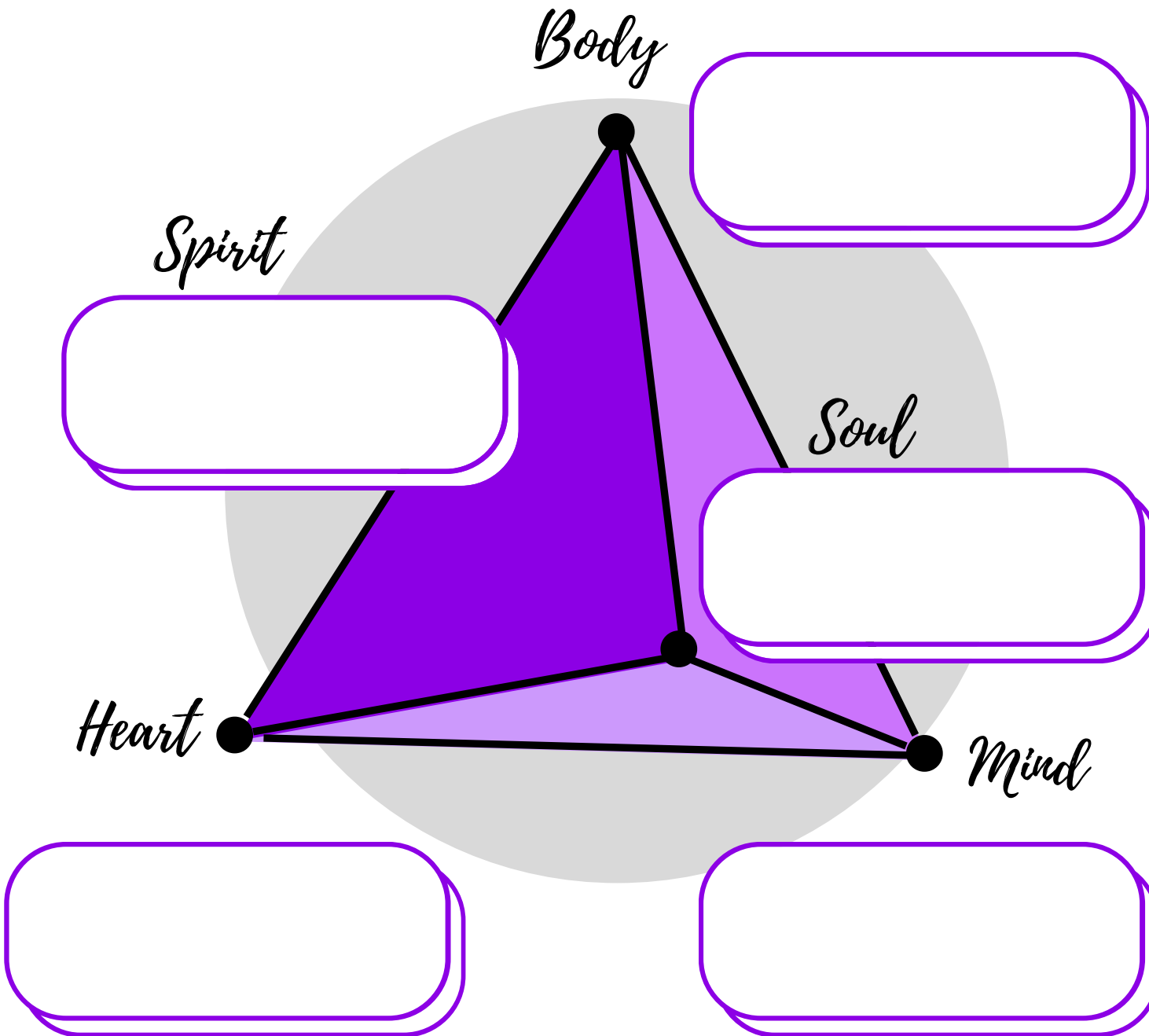


PYRAMID OF AWARENESS



DESIGN GUIDE INSTRUCTIONS:

Reflect on a **stressful** situation.
Identify and write your:

Actions/Sensations | **Body**
Thoughts/Ideas | **Mind**
Emotions/Feelings | **Heart**
Intuition/Identity | **Soul**
Awareness/Energy | **Spirit**

Journal:

What do you notice about the **relationships** between them?

Reflect on a **NON-stressful** situation and repeat.

Journal:

Identify **similarities** and **differences** between the two situations.

How did this exercise deepen your **personal awareness**?

How will you apply this new learning with **intentional vision**?

